

GLENWOOD 50+ CENTER

December 2021



**2400 Route 97
Cooksville, MD. 21723
(410) 313-5440**

Center Email
glenwood50@
howardcountymd.gov

Monday - Friday
8:30 am - 4:30 pm

50+Center Hotline
410-313-5400

GO50+Hours
Mon - Sat: 7 am - 9 pm
Sun: 9 am - 6 pm

Newsletters Online
[https://
www.howardcountymd.gov/
glenwood-50-center](https://www.howardcountymd.gov/glenwood-50-center)

Volunteer Website
www.hocovolunteer.org

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Howard County
 **50+ CENTERS**
Enrichment. Engagement. Connection. Growth.

Hello December!

It's hard to believe the centers have been back open for almost 8 months. Attendance is beginning to pick up and we are excited to have you here. This month we are celebrating winter weather with a Holiday Waffle bar featuring both plain and gingerbread waffles - make sure to join us for this yummy treat.

We will be creating string trees for the holidays along with whimsical fused glass ornaments to give as gifts or to keep for yourself.

Pickleball players are back - maybe it's the weather, but whatever the reason, we are so happy to hear the sound of pickleball again. Remember Fridays are geared towards new players and beginner level players. An orientation is provided each Friday for the first 30 minutes. We provide paddles, nets and balls.

On Thursdays we are kicking off an open games time at 12:30 pm. Bring any game or make a request of a game and come meet up for socialization and a little competition. Join us for games like 5Crown, Rummikub and more.

It's been way too long so we are excited to announce a Holiday Get Together. It will be limited in size to allow for us to spread out, it will include lovely décor, a catered lunch and seasonal music as well and our ever famous hot cocoa bar. Mark your calendars for Tuesday, December 21 at 11 am.

WE ARE A LITTLE EXTRA THIS YEAR

Extra thankful to be in the center, and have you
back in the building filling it with the laughter,
smiles, and activities we all missed.
Have a wonderful and safe holiday season.

Regina - Cathy - Chris and Evan



GENERAL INFORMATION

50+ Center Staff

Regina Jenkins Director

rjenkins@howardcountymd.gov
410-313-5443

Chris Ferraro, Registrar

cferraro@howardcountymd.gov
410-313-5440

Evan Larkin, Utility Worker

elarkin@howardcountymd.gov
410-313-4836

Cathy Burkett, Assistant Director

cburkett@howardcountymd.gov
410-313-4832

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Glenwood 50+ Center Council

President: Laurel Gafke

Vice President: Bernadette Roussel

Secretary: Linda Deffinbaugh

Treasurer: Gary Gafke

Members at Large:

Annette Dill	Bea Dane
Joel Goodman	Willie Hill
Toni Matthews	

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Newsletter

Would you like your newsletter delivered to your inbox? Just click link below.

[CONSTANT CONTACT SIGN UP](#)

ADJUSTED HOURS OR CENTER CLOSURES

Friday, December 24

Friday, December 31

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

DECEMBER AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Blue = Hybrid		1 9 Basketball 9 Walking Group 10 Open Studio 10 Fire Prevention 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	2 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games 1 DIY String Trees \$	3 8:15 Hatha 1-2 9 Basketball 9 Walking Group 9 Pinochle 9:30 Pilates 10 Craft Show Ellicott City 50+Ctr 12 Pickleball 1 Flex, Stretch, Move
6 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 11 History of Broadway 12:30 Line Dancing 1:30 Line Dancing	7 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 10 iPhone, iPad 12 Pickleball 12:45 Line Dancing	8 9 Basketball 9 Walking Group 10 Open Studio 10 Nutrition Consults 11 Prime Time 12 Bridge No Line Dancing	9 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	10 8:15 Hatha 1-2 9 Basketball 9 Walking Group 9 Pinochle 9:30 Pilates 12 Pickleball 1 Fused Glass Ornaments \$ 1 Flex, Stretch, Move
13 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12:30 Line Dancing 1:30 Line Dancing	14 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	15 9 Holiday Waffle Bar 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	16 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games 2 Art History Class	17 8:15 Hatha 1-2 9 Basketball 9 Walking Group 9 Pinochle 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
20 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12:30 Line Dancing 12:30 Holiday Movie 1:30 Line Dancing	21 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 11 Holiday Party \$ 12:45 Line Dancing	22 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Gift Wrapping 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	23 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	24 CLOSED CHRISTMAS HOLIDAY 
27 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12:30 Line Dancing 1:30 Line Dancing	28 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	29 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	30 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	31 CLOSED NEW YEARS 

ONGOING PROGRAMS

Open Studio: Arts & Crafts

Mondays, Wednesdays, 10 am - noon

Are you working on any crafts at home?
Painting, knitting, crocheting, jewelry
making, or paper crafts. Come join us!

#A03523.500

Bridge-Open Play (Duplicate)

Wednesdays, 12 noon - 4 pm

#A03733.500

Moves to Mondays Jan/2022

Billiards and Table Tennis

Monday - Friday 9 - 3 pm

#A03734.500

Walking Group

Monday - Friday 9 - 10 am

Basketball

**Mondays, Wednesdays, Fridays
9 - 11 am**

#A03402.500

Pinochle

**Tuesdays, Fridays
9 - 4 pm**

Pinochle is a classic two-player game
developed in the United States, and it
is one of the country's most popular
games.

#A03736.500

No pinochle December 24, 31

Glenwood Book Club

Every 6 weeks

Thursday, January 6, 1 pm

See page 6

Mahjong

**Thursdays
12:30 - 4 pm**

#A03737.500

Open Games

**Thursdays,
12:30 - 4 pm**

#A03737.500

Nutrition Consultation

2nd Wednesdays, 10 am

Wednesday, December 8, 10 am

Registered dietician, Carmen Roberts is
available to consult individually with
members. Call the front desk to make an
appointment.

#A03420.500

Pickleball

Tuesdays and Thursdays 12 - 2:30 pm

Limited Enrollment

Open play for adults 50+. Players rotate play
using the paint stick method. Participants
can register for one or multiple dates in a
given month.

Cost: \$2.50 per day

Pickleball Beginner Level

Fridays 12 - 2:30 pm

Limited Enrollment

This program is for beginners. There will be a
30 minute orientation at 12 pm each Friday.
No instruction. Registration and rotation same
as Tuesdays and Thursdays.

Cost: \$2.50 per day.

No pickleball December 24, 31

Maryland Access Point

Thursdays

Emily Leclercq, Resource Specialist with the
Office on Aging and Independence will be
available by appointment. She can assist
you in navigating aging services now and in
the future. To make an appointment to meet
with Emily in person at Glenwood please call
her at 410-313-5917.

#A03700.502

Reflexology

Thursdays, 9 am - 2 pm by appointment

Linda Deffinbaugh will be on site 1 day a
week to provide reflexology services. Please
call the front desk to make an appointment.

Cost: \$30 for 1/2 hour \$60 for 1 hour

#A03704.500

EVENTS AND PROGRAMS

DIY String Tree

Thursday, December 2, 1 pm

This fun workshop uses items you may have around your home to Create unique tabletop décor.

Cost: \$5 #A03500.501



Holiday Waffle Bar

Wednesday, December 15, 9 am

Join us in the lobby as we spread out and spread yumminess. Gingerbread waffles and traditional waffles will be served with sausage and all the toppings. Fuel up for your shopping.

Cost: Donation #A03750.501

History of Broadway

Juke Box Musicals

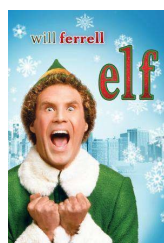
Monday, December 6, 11 am

Join Steve Friedman for his entertaining and informative series on Broadway, each session focuses on a different era. Enjoy lecture and singing.

Cost: Free #A03729.501

Holiday Movie Time - ELF

Monday, December 20, 12:30 pm



Let's slow down together, take a break and enjoy a holiday comedy.

Cost: \$1 #A03740.500

iPad, iPhone Workshop

Tuesday, December 7, 10 am

Volunteer and center member Mike will provide you with the help you need with your Apple device. Great for anyone looking to master their Apple products. Call front desk to register but drop ins are welcome.

Instructor: Mike Vecera

Cost: Free #A03730.501

Holiday Party - Meal and Music

Tuesday, December 21, 11 am

It's back - a holiday event to remember. Be prepared to be dazzled by the décor and fed like a king. Enjoy seasonal music, food, and cocoa bar. Pre-Registration Required.

Cost: \$14 #A03700.501

Fused Glass Whimsical Ornaments

Friday, December 10, 1 pm



Don't miss a chance to make these adorable glass ornaments. These are perfect gifts for a grandchild or special someone. Each

person will make 2 ornaments. Choose from Gnomes, Snowmen and Penguins.

Cost: \$15 #A03500.502

Gift Wrapping Galore

Wednesday, December 22, 12 pm

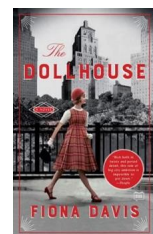
Join us in the lobby and get your gifts wrapped for free. Cost is a donation of canned good or dry goods for the Maryland Food Bank. Please register at the front desk in advance.

Cost: Canned Good

Book Club

Thursday, January 6, 1 pm

The Dollhouse by Fiona Davis
Join the book club virtually or in person. Led each month by a different member.



#A03620.600

EVENTS AND PROGRAMS



Join us online! Speakers, Classes, Entertainment, and 100+ Exhibitors

MARK YOUR CALENDAR

RUNS NOVEMBER 1, 2021, THROUGH JANUARY 21, 2022

— www.thebeaconnewspapers.com for details —



Inclement Weather Policy

For the operating status of the Center, call the inclement weather status line at 410-313-7777, visit the County website or call the Center Front Desk at 410-313-5440. If Howard County Public Schools are delayed or closed:

1-hour delay - Center will strive to open at 9:30 am

2-hour delay - Center will strive to open at 10:30 am. All classes & programs before 11 am are canceled.

Closed - Center will strive to open at 10:30 am. All classes and programs are canceled.

Status Line will be updated at 7 am, 12 pm and 3 pm.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

EXERCISE AND FITNESS

Hatha Yoga

Tuesdays, 8:45 am #A03447.500

Begins December 14

Cost: \$36 for 6 classes

Thursdays, 9 am #A03448.500

Begins December 9

Cost: \$42 for 7 classes

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching. 12/28, 12/30

Instructor: Mary Garratt

Flex, Stretch and Move

Fridays, 1 pm

#A03440.500

Begins December 10

Cost: \$12 for 2 classes

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers both seated and standing options. Bring a mat to place under your chair.

Instructor: Bev Ludwig

EXERCISE AND FITNESS

Chair Yoga

Tuesdays, 9:45 am #A03445.500

Cost: \$36 for 6 classes

Thursdays, 10:15 am #A03446.500

Cost: \$42 for 7 classes

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health. No class 12/28, 12/30

Instructor: Mary Garratt

Pilates

Fridays, 9:30 am #A03430.500

Cost: \$18 for 3 classes

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness levels and modifications are available.

Instructor: Bob McDowell

No class December 24

Yoga & Meditation

Fridays, 9 - 10:15 am

New Class - Begins January

Using yoga postures with mindful breathing, build strength and flexibility. In this 75 minute class. End with a relaxing meditation to calm the mind and body.

Prime Time

Mondays, Wednesdays #A03477.500

11 am December 1 - 22

Cost: \$28 for 7 classes

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Instructor will show modifications for a seated option.

Instructor: Mary Ann Larkin

Line Dancing Open Studio Beginners

Mondays, 12:30 - 1:30 pm

Line Dancing Open Studio Intermediate

Mondays, 1:30 - 2:30 pm

Cost: \$5 per month

Open to all beginners to practice with others of the same skill level. Volunteer led.

A03422.504

Line Dancing Open Studio Advanced

Tuesdays, 12:45 - 2:30 pm

Cost: \$5 per month

This is open to all beyond beginners to practice with others of the same skill level. Volunteer led.

#A03421.505

Line Dancing Instruction Beginner

Wednesdays, 12:30 pm #A03475.500

Cost: \$24 for 4 weeks

Dancing is great exercise and fun. Learn the basics. Please wear leather soled shoes. **December 1, 15, 22, 29**

Instructor: Sandy Garrish

Line Dancing Instruction Intermediate

Wednesdays, 1:30 pm #A03474.500

Cost: \$18 for 3 weeks

Expand your knowledge of popular line dances. Line dancing is one of the most fun dances you can do anywhere, and you do not need a partner! **December 15, 22, 29**

Instructor: Sandy Garrish